**Aerobic Exercise Program** 

Name	
	jectives
Realistic Exe	er cise Schedule (days per wk/time per wor kout)
F.I.T . Princ ip le	(ACSM exercise guide lines)
Frequency:	Exercise at least 3 times per week.
Intensity:	Exercise within your target rate range specific to your goals (50-90% Maximum Heart Rate (MHR)).
	Your personal exercise heart rate istoYour 10-se cheart rate isto
	For assistance in finding your personal exercise THR, contact your local MWR Fitness Coordinator or a Certified Personal Trainer.
Time:	Exercise at least 20 to 60 minutes.
Type:	Aerobic activities are those that can be sus tained for a long period of time. Examples include running
	rowing swimming cycling aerobic dance skiing stair climbing and rollerblading

Activity	THR	Date									
·	Min										

- 1. Warm up prior to and cool down after each workout (2-5 min).
- 2. Increase your flexibility by stretching before and after each workout.
- 3. Over-exertion can be hazardous to your health. Stay within your training heart rate when exercising.
- 4. Do not stop abruptly after exercise to prevent blood pooling (blood accumulating in the extremities).
- 5. Cool down gradually and lower your heart rate to 100 beats per min or 16 for a 10 second count per completion.
- 6. Be sure that your body is adequately hydrated. At least a cupful per 15 min of exercise is recommended.
- 7. When exercising, be careful in extreme weather conditions, especially hot, humid weather.
- 8. Remember to use protective equipment, i.e., helmet, elbow, knee pads when needed.